



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center



Preparing our kids for when feelings come

2018



SOS Tillamook

SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center

Our Mission:

Supporting a safe and healthy community where youth can thrive.

SOS Tillamook, the Prevention Program through Tillamook Family Counseling Center, provides SUPPORT to OVERCOME and STRENGTHEN Tillamook County. SOS Tillamook addresses the potential harm associated with the use and abuse of alcohol, tobacco, marijuana, other drugs, and problem gambling that impacts our community with a focus on youth, ages 0-24. Adolescence is a key time for brain development, especially for the areas that handle decision-making and learning.



SOS Tillamook Prevention Program helps support a safe and healthy community that can help “grow” connections through positive exposure to learning and experiences. SOS Tillamook sponsors a wide variety of events and speakers on topics including community engagement, parenting support, mental health, addiction and recovery, suicide prevention, self-care vs self-harm, brain development, emotional literacy, adulting and more.

On the third Thursday of each month, SOS Tillamook holds a community conversation, watch for the announcements. If you have a conversation suggestion contact DeAnna Pearl @ DeAnnaP@tfcc.org.

HELP & HOPE

Just a Call ...

Community Resources



Tillamook 24 hour Crisis Line
800-962-2851 or 503-842-8201

Suicide Prevention Lifeline- 800-273-8255
Youth Lines for Life - 877-968-8491

Smokefreeoregon.com
800-QUIT-NOW (784-8669)

Oregon Problem Gambling - 877-695-4648
Treatment is FREE 1877mylimit.org



SOS Tillamook

SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center

sostillamook.org

ABOUT THIS CALENDAR:

SOS Tillamook is proud to sponsor this year's "Wellness" calendar. Elementary school students throughout Tillamook County participated in the project providing the delightful artwork. Teachers gave the students some prompts based on the "Toddlers 2 Teens (T2T)" emotional literacy tool about feelings and how we respond to them. *"When my feelings come I..."*

How often do you sit down with your child and talk about dealing with their feelings before they come? Feelings are real and come sometimes when we are not prepared to deal with them. A child does not develop their regulation center, frontal lobe, until after the age of 5. So why do we ask them to regulate their emotions in a way they can't on their own? We are finding that we need to spend as much time talking about dealing with feelings as the amount of time we spend teaching them to read.



Toddlers 2 Teens (T2T) is an emotional literacy tool designed to develop social-emotional intelligence in order to increase behavioral competencies. Social emotional learning involves the nurturing of one's emotional and social skills in order to promote better behavior and future success. Success in life using the practice of self-care verses self-harm by abusing alcohol, drugs, prescription drugs, sex and gambling to numb feelings.

A child's brain is not born fully ready to grasp complex feelings. It's born with the potential to make those connection as they develop. It is important to remember at what average age, in which feelings kids can actually comprehend. Some may understand more at a certain age. However, it is true in opposite that some children may not understand until later. Three key emotional developmental stages are:

- 0-3yr Love, happy, mad, scared
- 4-7yr Shy, excited, proud, sad, tired, envy and disappointed
- 6-17yr Frustrated, ashamed, embarrassed, thankful, bored

The best way to nurture this learning is through attachment. The basic concept is to use three actions while working with your child: eye contact, talking and touch. These three simple actions, in conjunction with talking about feelings, will create a better, positive, strong memory connection in a child's brain.

We have matched a "wise guy" feeling to each of the drawings throughout the calendar in the lower right hand corner. This is in an effort to connect a feeling to an action and a way to deal with the illustrated behavior.

Feelings are real - How do you deal?

Use these "wise guys" to talk about your feelings, and what you do to take care of yourself when they come.



Copyright Toddlers2Teens, LLC


For more information about T2T trainings, Northwest Parenting classes and other resources available for parents and all community members helping to raise our children, please contact:





NORTHWEST PARENTING (503) 842 8201 x 276


Gambling in Tillamook County - Did you know?


80% of Tillamook youth between 14 and 19 years did not gamble in the last 30 days. Of those who reported betting, 94% do not feel they want to stop betting. An average of 7.5% report they have bet more than they wanted to. This is a 100% increase since 2015.

Argumentative and defensive about gambling behavior 

 Unexplained absences for long periods of time

Lies to loved ones about gambling behavior 

 Going without basic needs in order to gamble

Borrowing money to gamble 

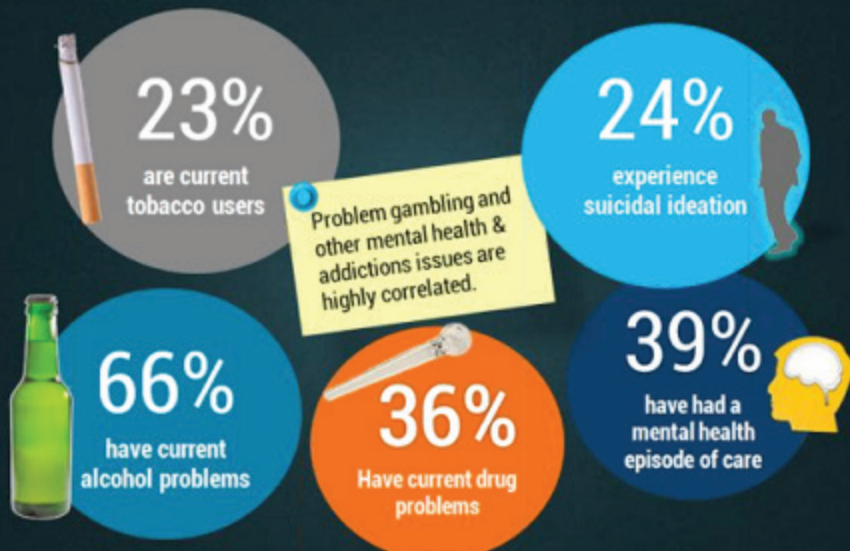
What is Gambling?

An act of risking money or something else of value on an activity with an uncertain outcome. For most people, gambling is just for fun. It is a way of making the game more challenging, more exciting or just to pass the time. But for some people, gambling becomes a serious problem.

When does gambling become a problem?

Problem gambling is any gambling, betting or wagering that causes family, financial, legal, emotional or other problems for the gambler, their family or others. Problem gambling can have a negative effect on your life or the lives of people close to you: falling behind in school, missed work, arguments with family or friends, worrying about money lost and or time you are gone. For people in recovery it can become even a bigger issue by acting as a replacing of a drug or substance. For elders, gambling often lead to isolating and loss of a fixed income which started out as a social activity.

OF PROBLEM GAMBLERS IN OREGON TREATMENT, 2016:



Source: Oregon Gambling Treatment Programs Evaluation Update, 2016

HELP FOR GAMBLING - PROBLEM GAMBLING HOTLINE

Call: 1-877-My Limit (1-877-695-4648)

Instant Messaging/Chat: <http://www.opgr.org/>
Tillamook Family Counseling Center, (503) 842-8201

Help is free, confidential, and it works.

Treatment and counseling services are available free to any Oregon resident who has problems related to gambling either as a problem gambler or as a family member or friend of a problem gambler.

SUPPORT GROUPS – Tillamook County

AL-ANON

MON. – 7-8 pm
NCRD, 36155 9th St., Nehalem
503-368-8255 or 503-368-5093
WED. 7:30 pm
St. Alban's Episcopal Church
2012 6th, Tillamook
503-842-5094
Al-anon.org

ALCOHOLICS ANONYMOUS

Hotline: 503-842-8958; www.aa.org
Every Wed. – 7:30-8:30 pm
Every Sat. – Noon
NCRD, Nehalem

Women-Every Sunday – 10 am
Tillamook Serenity Club
5102 SE 3rd St., Tillamook
503-842-8024

See Tillamook Serenity Club for other
AA meetings, times, or call AA hotline.

ALZHEIMER'S SUPPORT

Tillamook – 4th Wed. every month
10:30 am – Noon, Tillamook Adventist
Church 2610 1st St., Fellowship Hall,
lower level
Held during Wellspring Respite Day
Services
503-815-2270

Nehalem – 4th Thurs. every month
11 am – 1 pm (lunch provided)
Nehalem Bay House
35385 Tohl Ave., Nehalem
503-368-6445

CAREGIVERS

Family Caregiver Support
2nd Wed. 1:30 – 4 pm
Northwest Senior & Disability Services
5010 E. Third St., Tillamook
503-815-2062

CELEBRATE RECOVERY

TUES. 5:30 pm
Tillamook Church of Nazarene
2611 3rd St.
Light supper, worship, testimonies,
small groups
Program for school-age children.
Childcare for pre-school age.
Church of Nazarene 503-842-2549
www.celebraterecovery.com

clubCHIP (Complete Health Improve-
ment Program)
3rd MON. of month
5:45 – 8 pm, includes supper &
presentation
Tillamook Seventh Day Adventist
Church
2610 1st St., Fellowship Hall, Lower
Level
RSVP to Ginny Gabel at 503-815-2270
Ginny.gabel@ah.org

DIABETES & ALL THAT JAZZ

2nd Tues. every month
1:30 – 3 pm
TRMC, 1000 3rd. St., 3rd Fl. Conf. Rm.
Sue Phillips-Meyer, RD, RN, CDE
Diabetes Program Coordinator
503-815-2443

DOMESTIC VIOLENCE

Wed. 5:30-7:30 pm
Tillamook County
Women's Resource Center
1902 2nd St., Tillamook
Call for availability of class.
503-842-9486
HOTLINE – 800-992-1679

GAMBLERS ANONYMOUS

TUES. 5:30-6:30 pm
Tillamook Serenity Club, 5012 3rd St.
503-842-8024
Helpline: 877-695-4648
TREATMENT IS FREE!

GRIEF – ADULT

1st & 3rd TUES. 3-4:30 pm
TRMC, 1000 3rd St., 3rd Floor Conf.
Rm, Tillamook
2nd & 4th TUES 3-4:30 pm
Calvary Bible Church, 560 Laneda,
Ave., Manzanita
Call 503-815-2270 or 800-356-0460
for more information.

HEADSTRONG

For people with brain injuries
of any kind;
Family and friends welcome
2nd TUES. 6:30-8:30 pm
Herald Center,
2710 1st St., Tillamook

NARCOTICS ANONYMOUS

MON. 7:15 pm-Twisted Sisters Womens
TUES. 7:15 pm- Diamond Dawg Mens
WED. 6 pm – Survivors
THURS. 6 pm; Survivors
THURS. 7 pm; Back to Basics,
Church of Nazaren
2611 3rd, Tillamook
FRI. 6 pm – Survivors
SAT. 7:15 pm – Survivors
All meetings, unless noted, meet at:
Tillamook Serenity Club, 5012 3rd St.
Helpline: 503-389-4701 Tillamookna.
weebly.com/

OVEREATERS ANONYMOUS

MON. 5:30 – 6:30 pm
TRMC, 1000 3rd St., 3rd Flr. Conf. Rm D
Sylvia – 503-815-0838

PARKINSON'S SUPPORT GROUP

2nd THURS. 1-2:30 pm
Tillamook United Methodist Church,
3808 12th St. Michael & Joanne Love
503-355-2573

TILLAMOOK SERENITY CLUB

5012 3rd St., Tillamook
Various Support Group Meetings
Tillamookserenityclub.com
503-842-1115

TOPS (Take Off Pounds Sensibly)

Meetings in Bay City, Neskowin &
Pacific City
See www.tops.org for details

TOGETHER STRONGER- Cancer Support

For families and caregivers of people
with cancer
4th THURS. 10:30 am – Noon
TMRC, 1000 3rd St., 3rd Fl. Conf. rm.

WOMEN'S CANCER SURVIVOR

1st WED. every month
10:30 am – Noon
Tillamook Medical Plaza, 1100 3rd St.
Sherah Berthelsen – 503-815-7510



Make Every Year a Year of Wellness



YOW Local Health & Wellness Resources

- Activities, Tips & information
- Health Education Classes
- Fitness & Nutrition Programs
- Recipes & More

It's FREE, Fun and Easy!

YOW 2018 Focus on Diabetes



Did you know nearly 10% of Tillamook County residents have been diagnosed with Diabetes?

There are many more people who are pre-diabetic and may not know it. YOW partners will be working together to create innovative solutions to reduce the risk of diabetes and to help people diagnosed with diabetes to be as healthy as they can be.

Are You In?

Watch for more information about how you can be part of the solution.

Visit tillamookcountyhealthmatters.org
or download the Tillamook County YOW App, email to tillamookyearofwellness@gmail.com

When my feelings come I...



KATARIN, GRADE 1, SOUTH PRAIRIE

JANUARY

Frustrated



Frustrado

NATIONAL AWARENESS:

| 1/22 -1/29 - Drug/Alcohol Facts Week

Cervical Health; Intimate Partner Violence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6 High School SAFE Committee E-Waste & Styrofoam Collection at local Transfer Stations
7	8	9	10	11	12 Kate and the Crocodiles Concert NCRD Performing Arts Center	13
14	15 Martin Luther King Jr.'s Birthday	16	17	18  "Community Conversations" Location TBA, 5:30 pm	19	20
21	22	23	24	25	26	27 North County Pie Day, Food Roots/White Clover Grange, Hwy. 53, 2:30 pm
28 Spaghetti Fundraiser, E.Schmuck Foundation, Big Wave Café, Manzanita, 5 pm	29	30	31	 Ready to quit tobacco? 1-800-QUIT NOW	DECEMBER 2017 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



Your local
non-profit
organization
working to
alleviate the
effects of
poverty.

- Emergency & Homeless Services
- Healthy Families
- Assisted Living Communities
Nehalem Bay House & Kilchis House
- Community Development

A Home for CARE

Help us buy our building ... we have
already raised 60% of the funds.
Make a donation today to the
Home for CARE Capital Campaign.



2310 First St, Suite 2, Tillamook, OR 97141
503-842-5261 • Fax 503-842-5821

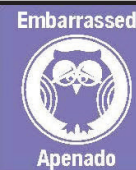
www.careinc.org

When my feelings come I...




ASHLYN, GRADE 3, SOUTH PRAIRIE

FEBRUARY



NATIONAL AWARENESS:

Children's Dental Health Month; Heart Month; Teen Dating

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>				1	2	3
					Nehalem Winterfest Music Festival NCRD Performing Arts Center Groundhog Day	Nehalem Winterfest Music Festival NCRD Performing Arts Center Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station
4	5	6	7	8	9	10
Nehalem Winterfest Music Festival NCRD Performing Arts Center	Nehalem Winterfest Music Festival NCRD Performing Arts Center				Tillamook High School Charity Drive	Master Recycler class (day 1) Tillamook High School Charity Drive
11	12	13	14	 15	16	17
Tillamook High School Charity Drive	Tillamook High School Charity Drive	Tillamook High School Charity Drive Mardi Gras	Tillamook High School Charity Drive Valentine's Day	"Community Conversations" Location TBA, 5:30 pm Tillamook High School Charity Drive	Master Recycler class (day 2) Tillamook High School Charity Drive	NCRD Pool-A-Thon Nehalem Pool Master Recycler class (day 3) Tillamook High School Charity Drive
18	19	20	21	22	23	24
Tillamook High School Charity Drive National Battery Day	Tillamook High School Charity Drive President's Day		Immunization Exclusion Day			1960's Music Hoffman Community Fundraiser, Hoffman Center for Arts, 7 pm
25	26	27	28		JANUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



PROBLEM GAMBLING
AWARENESS MONTH

Do You know the
Difference?

Social Gambler *Problem Gambler*

Once-in-a-while
Limits spending
Hopes to win,
Expects to Lose
Can take it or Leave it
Just for fun

*Frequent, any/all the time
Uses basic needs money
Borrows money to gamble
Hopes & Expects to Win
Main focus, only interest*

Have the Conversation

Gambling is an activity that can carry risk.
Keep your entertainment, entertaining.

Set a time limit and a budget.

Get Help for Problem Gambling

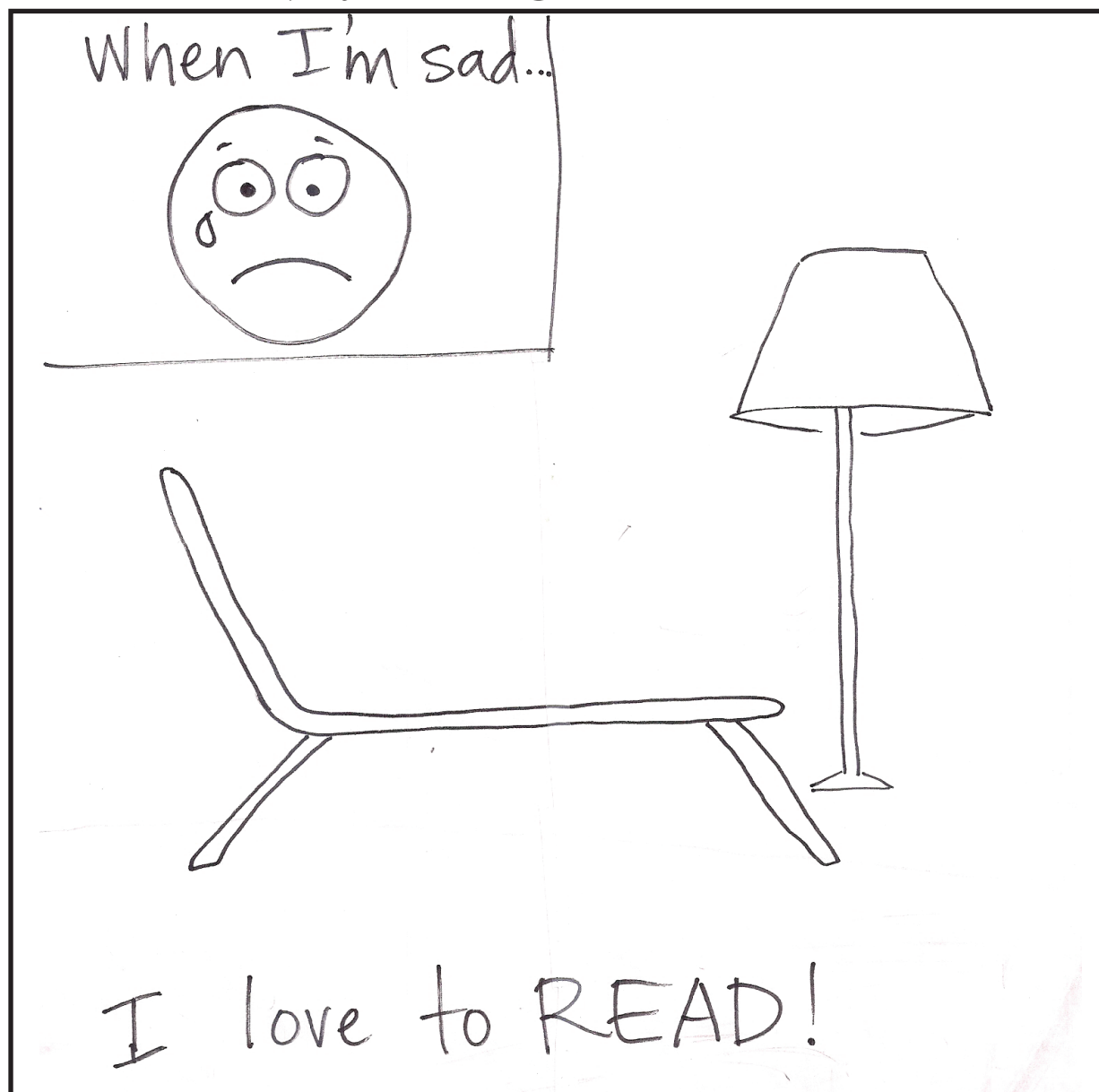
Treatment is FREE, confidential and it works.
Local Treatment - 503-842-8201
Call 1-877-MyLimit (695-4648)



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sostillamook.org

When my feelings come I...



AZIKEAL, GRADE 2, SOUTH PRAIRIE

MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FEBRUARY 2018</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28</p>	<p>APRIL 2018</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>		<p>1</p>	<p>2</p> <p>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*</p>	<p>3</p> <p>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station</p>
4	5	6	7	8	9	10
11	12	13	14	 <p>"Community Conversations" Tillamook Main Library, 5:30 pm</p>	16	17
Daylight Savings Begins @ 2am						St. Patrick's Day
18	19	20	21	22	23	24
		First Day of Spring	Kick Butts Day			Spring SOLVe Beach Clean-up
25	26	27	28	29	30	31
	Spring Break	Spring Break	Spring Break	Spring Break	Passover/Good Friday Spring Break	

Healthy Parenting is Prevention!



Parenting Classes & Education
nworparenting.org/tillamook.htm
503-842-8201 x 270



Northwest Regional Child Care
triwou.org/projects/ccccrr
503-815-4448



**Early
Educational
Support
NW Early
Learning
HUB**

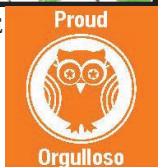
nwelhub.org/#strongfamilies
503-815-4453

When my feelings come I...



JOVANNI, GRADE 3, SOUTH PRAIRIE

APRIL



NATIONAL AWARENESS:

Alcohol; Autism; Child Abuse Prevention; Parkinsons;
Sexual Assault; Volunteer, Walking

4/1-8 – Public Health Week

4/22-29 – “Every Kid Healthy”/Week of Young Child

4/22-28 – Volunteer Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER April Fools Day	2	3	4 National Walking Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19  “Community Conversations” Tillamook Main Library, 5:30 pm	20	21 SOLVE It for Earth Day
22 Earth Day	23	24	25	26	27	28
29	30			 Ready to quit tobacco? 1-800-QUIT NOW	MARCH 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

HELP & HOPE Just call.

Community Resources



Tillamook (24 hr) Crisis Line
800-962-2851 • 503-842-8201

Oregon Problem Gambling
877-695-4648
Treatment is Free
www.1877MYlimit.org

Tillamook County Womens Resource Center
24 hr. Help Line 800-992-1679 or 503-842-9486

Lines for Life 800-273-8255
Teen Lines for Life 877-968-8491 or
TEXT teen2teen 836869

Military Helpline - 888-457-4838 or
Text MILI to 839863

Northwest Senior/Disabilities
Adult Protective Services 800-846-9165



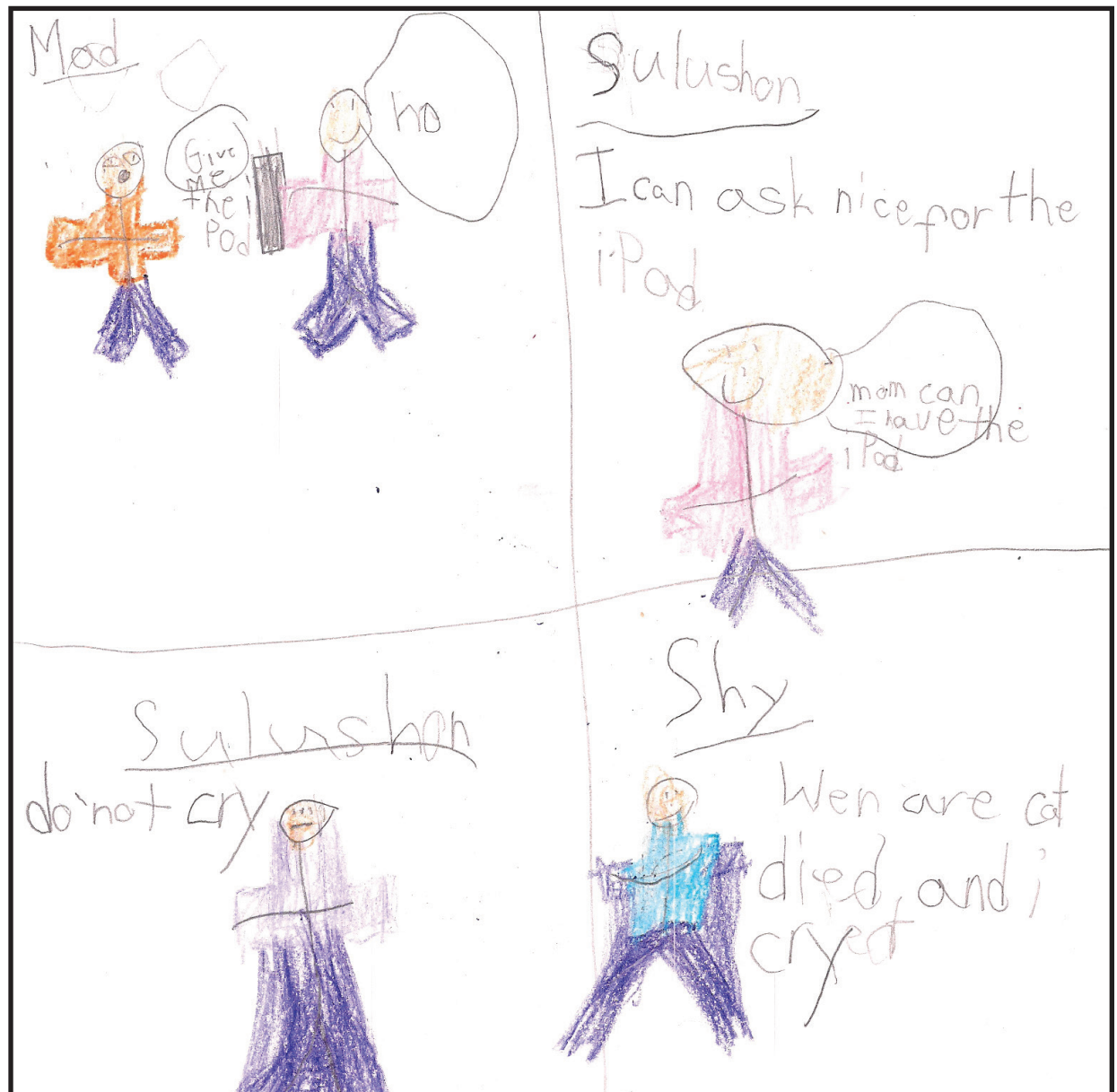
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sostillamook.org

When my feelings come I...



KALEB, GRADE 2, SOUTH PRAIRIE

MAY

Disappointed



Descepcionado

NATIONAL AWARENESS:

Arthritis; Employee Health & Fitness; Mental Health; Physical Fitness/sports; Melanoma/Skin Cancer; Stroke; Vision/Hearing/Speech

5/6-12 - Children's Mental Health Week;
Physical Ed/Sport Week

5/13-19 - National Women's Health Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>		1	2	3 National Day of Prayer	4	5 Household Hazardous Waste & Styrofoam Collection Cinco De Mayo
6	7	8	9	10	11	12
13 Mother's Day	14	15 National Prevention Week	16 National Prevention Week	17  "Community Conversations" Tillamook Main Library, 5:30 pm National Prevention Week	18 National Prevention Week	19 National Prevention Week
20	21	22	23	24	25	26 North Tillamook Library Friends Book Sale, Hoffman Center & Pine Grove, 9-4
27	28 Memorial Day	29	30	31 World No Tobacco Day	APRIL 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

MILK:
OREGON'S
OFFICIAL
STATE
BEVERAGE
SINCE
1997



odncouncil.org

When my feelings come I...

I do not like when I am shy. Some things that help me from feeling shy is when I am standing by someone I know. If I don't know anyone then I can play a game that is fun.




BROOKE, GRADE 3, SOUTH PRAIRIE

JUNE



NATIONAL AWARENESS:

Alzheimers/Brain; Dairy Month; Great Outdoors; Safety/Fireworks Safety

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div><div>MAY 2018</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table></div>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<div><div>JULY 2018</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table></div>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<div><div>SMOKEFREE oregon</div><div>Ready to quit tobacco? 1-800-QUIT NOW</div></div>			<div>1</div> <div>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*</div>	<div>2</div> <div>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station</div>
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17	18	19	20	<div>Flag Day</div> <div></div> <div>"Community Conversations" Tillamook Main Library, 5:30 pm</div> <div>First Day of Summer</div>	21	22	23																																																																																			
<div>National Garbage Man Day</div> <div>Father's Day</div>	24	25	26	27	28	29	30																																																																																			

* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

CHILDREN AND MARIJUANA DON'T MIX.

You can keep your child safe and healthy by not using marijuana while you are pregnant or breastfeeding.



The marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.

If your child eats or drinks products containing marijuana, call the Poison Center Hotline as soon as possible:
1-800-222-1222.

Oregon
Health
Authority

When my feelings come I...



RACHEL, GRADE 2, SOUTH PRAIRIE

JULY



NATIONAL AWARENESS:

Blueberry Month; Anti-Boredom Month, Outdoor Exercise & Recreation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1	2	3	4 Independence Day	5	6	7 Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19  "Community Conversations" Tillamook Main Library, 5:30 pm	20	21																																																																																				
22	23	24	25	26	27	28 NCRD Manzanita Beach Walk and Run																																																																																				
29	30	31		 Ready to quit tobacco? 1-800-QUIT NOW	<p>JUNE 2018</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<p>AUGUST 2018</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Your Pathway to Wellness

- Private Insurance
- Medicaid
- Medicare
- Veterans

Quality Healthcare Services

For Appointments Call:

503-842-3938

800-528-2938

TTY 800-735-2900

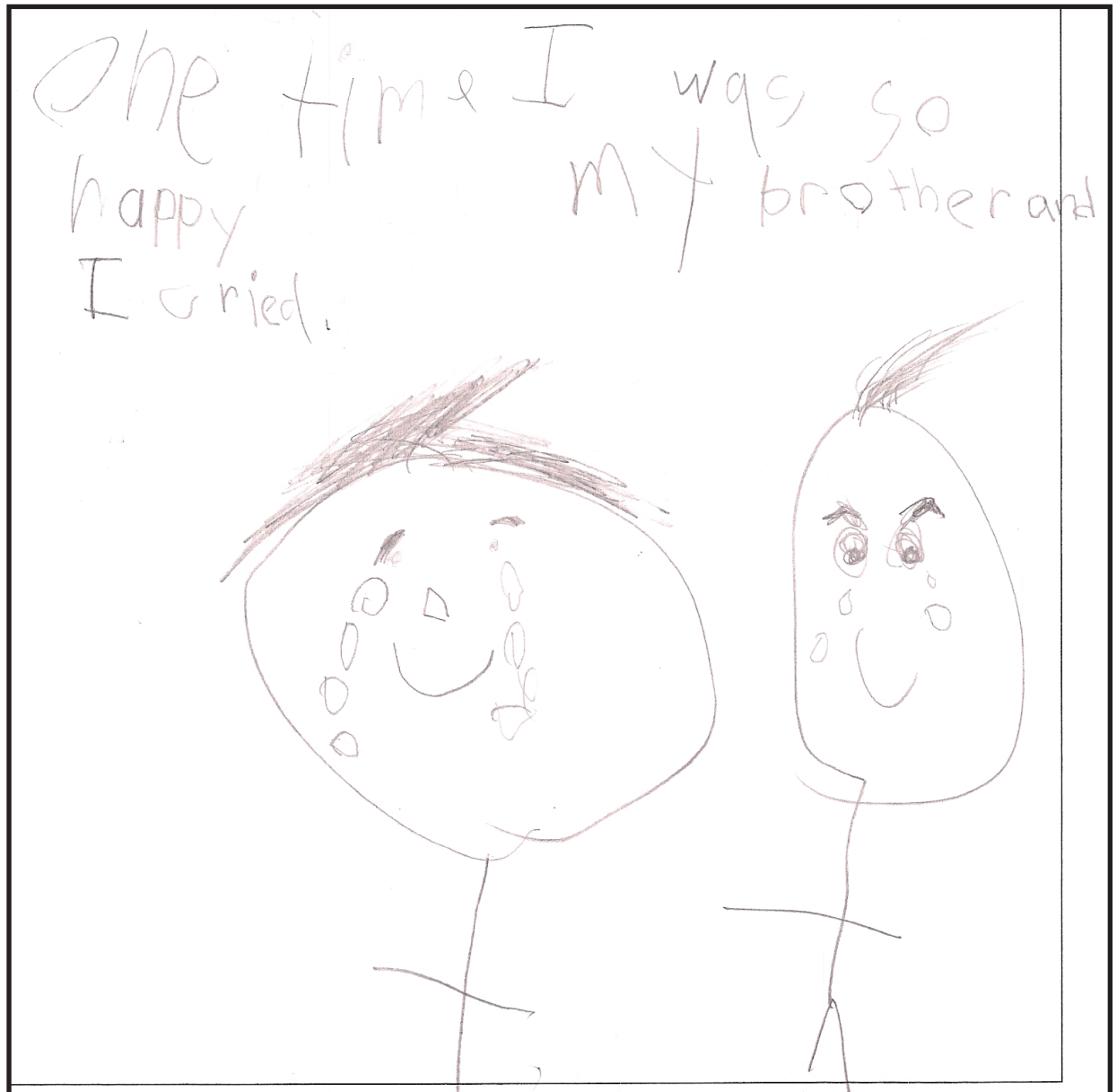
Se habla Español

tillamookchc.org



Find us on:
facebook

When my feelings come I...



ALEX (JESUS), GRADE 2, SOUTH PRAIRIE

AUGUST



NATIONAL AWARENESS:

Immunization Awareness; Breastfeeding Awareness; HPV

| 8/5-11 – National Community Health Center Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>JULY 2018</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>SEPTEMBER 2018</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	 <p>16</p> <p>"Community Conversations"</p> <p>Tillamook Main Library, 5:30 pm</p>	17	18
19	20	21	22	23	24	25
<p>Step Back in Time, Tillamook Coast History Alliance</p>						
26	27	28	29	30	31	 <p>Ready to quit tobacco?</p> <p>1-800-QUIT NOW</p>

**Comfortable, Quality
Assisted Living at
Nehalem Bay House &
Kilchis House**

**LOCAL, Non-profit
communities –
Just like home,
*Caring just like family.***



Kilchis House
www.kilchishouse.org
503-842-2204



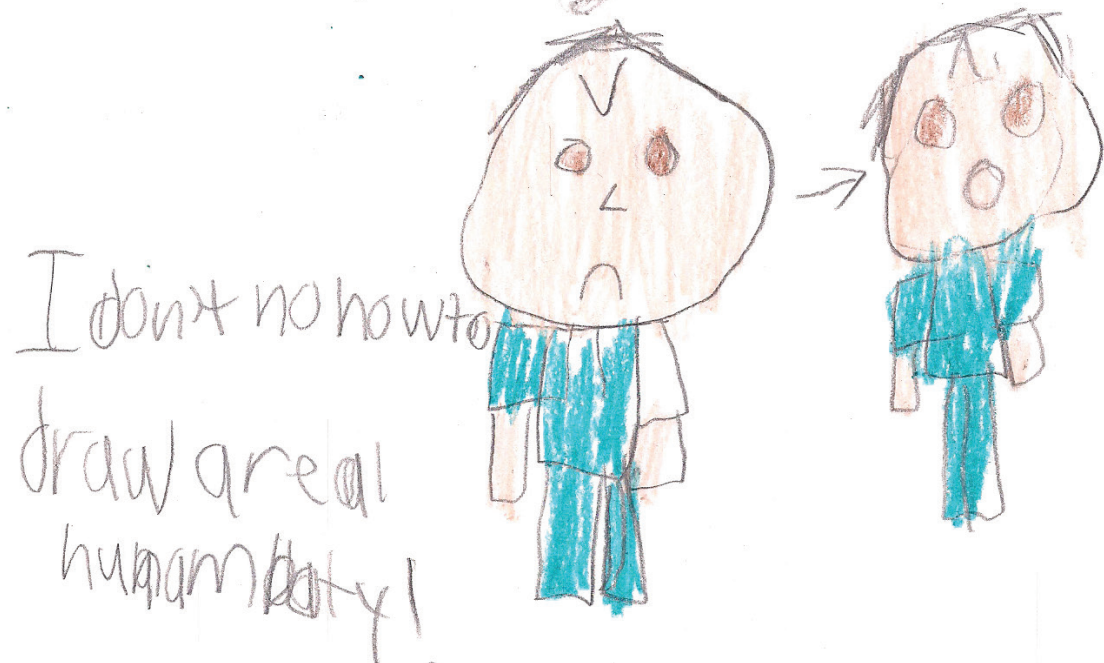
Nehalem Bay House
www.nehalembayhouse.org
503-368-6445

*Come by for a tour today
or call for more
information.*



When my feelings come I...

When im mad I take a deep breath
let it out!





DUNCAN, GRADE 2, NEHALEM ELEM.

SEPTEMBER



NATIONAL AWARENESS:

Preparedness; Childhood Obesity Awareness; Fruits & Veggies–More Matters; Healthy Aging; Food Safety; Recovery; Yoga; Ovarian/Prostrate Cancer; Pain; Problem Gambling Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>						1																																																																																				
2	3 Labor Day	4	5	6	7	8 Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station																																																																																				
9 Assisted Living Community Week Grandparents Day	10 Assisted Living Community Week	11 Assisted Living Community Week Patriot Day	12 Assisted Living Community Week	13 Assisted Living Community Week	14 Assisted Living Community Week	15 Assisted Living Community Week																																																																																				
16 Assisted Living Community Week	17	18	19	 <p>"Community Conversations" Tillamook Main Library, 5:30 pm</p>	21	22																																																																																				
23 First Day of Autumn	24	25	26	27	28 "I can take a break." Problem Gambling Awareness Day	29																																																																																				
30					<p>AUGUST 2018</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>OCTOBER 2018</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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Tillamook Family Counseling Center Help & Hope

**503-842-8201
800-962-2851**

- Outpatient Mental Health for ALL AGES
- Substance Abuse Treatment
- 24 Hour Crisis Services
- Developmental Disabilities Services
- Mental Health First Aid Trainings
- Problem Gambling Services
- Ivy Avenue Wellness Clinic for Pain Management

**Sliding Fee Scale Available
Accepts Most Insurances**

**Tillamook Family
Counseling Center**



906 Main Ave.
Tillamook
503-842-8201
800-962-2851
www.tfcc.org

When my feelings come I...



REINA, GRADE 2, NEHALEM ELEM.

OCTOBER



NATIONAL AWARENESS:

Breast Cancer Awareness/Mammography Day; Domestic Violence;
Bullying Prevention; Dental Hygiene; Down's Syndrome; Farm-to-School

10/1 - 5 National 4-H Week

10/1 - 7 Mental Health Awareness Week

10/22 - 26 - Red Ribbon Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>	1	2	3	4	5	6																																																																																											
					Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*	Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station																																																																																											
7	8 Indigenous People Day	9	10 World Mental Health Day	11	12	13																																																																																											
14	15	16	17	 <p>"Community Conversations" Tillamook Main Library, 5:30 pm</p>	19	20																																																																																											
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* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

Make Every Year a Year of Wellness



YOW Local Health & Wellness Resources

- Activities, Tips & information
- Health Education Classes
- Fitness & Nutrition Programs
- Recipes & More

It's FREE, Fun and Easy!

YOW 2018 Focus on Diabetes



Did you know nearly 10% of Tillamook County residents have been diagnosed with Diabetes?

There are many more people who are pre-diabetic and may not know it. YOW partners will be working together to create innovative solutions to reduce the risk of diabetes and to help people diagnosed with diabetes to be as healthy as they can be.

Are You In?

Watch for more information about how you can be part of the solution.

Visit tillamookcountyhealthmatters.org
or download the Tillamook County YOW App, email to tillamookyearofwellness@gmail.com

When my feelings come I...



STEPHANIE, GRADE 3, SOUTH PRAIRIE

NOVEMBER



NOVEMBER 15!!

America Recycles Day

Watch for Tillamook County Solid Waste's annual collection & educational opportunities!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>OCTOBER 2018</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>DECEMBER 2018</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>			1	2	3
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Daylight Savings Time Ends		Election Day				
11	12	13	14	 <p>15</p> <p>"Community Conversations"</p> <p>Tillamook Main Library, 5:30 pm</p> <p>America Recycles Day</p> <p>National Recycling Week</p>	16	17
National Recycling Week Veteran's Day	National Recycling Week	National Recycling Week	National Recycling Week		National Recycling Week	National Recycling Week
18	19	20	21	22	23	24
				Thanksgiving Day		
25	26	27	28	29	30	



When my feelings come I...



ESPAÑA, GRADE 2, SOUTH PRAIRIE

DECEMBER



NATIONAL AWARENESS:

Drunk and Drugged Driving Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Ready to quit tobacco? 1-800-QUIT NOW</p>						1 Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station
2	3	4	5	6	7 Pearl Harbor Remembrance Day	8
9	10	11	12	13	14	15
16	17	18	19	 "Community Conversations" Tillamook Main Library, 5:30 pm	21 First Day of Winter	22
23	24 Christmas Eve	25 Christmas	26	27	28	29
30 New Year's Eve	31				NOVEMBER 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



SMOKEFREE
oregon

“When I decided to quit tobacco, the **Quit Line** helped me make a plan and stay strong.”

The Oregon Tobacco Quit Line is:

- **Free** and offers one-on-one telephone counseling
- For **all Oregonians** regardless of income or insurance
- Staffed by **real people** who are friendly
- Available in many **languages**

When you call or chat online:

- Connect with a real coach to get help making **your own** quitting plan
- Get tips to **beat that urge** to smoke or chew
- Learn if you are **eligible for free nicotine gum or patches**

You can quit. We can help.

To reach the Oregon Tobacco Quit Line:

- 1-800-QUIT-NOW (1-800-784-8669)
- Español: 1-855-DEJALO-YA
- Register online at: www.quitnow.net/oregon/

When my feelings come I...



GEMMA, GRADE 3, SOUTH PRAIRIE

JANUARY

Excited



Emocionado

NATIONAL AWARENESS:

Cervical Health; Intimate Partner Violence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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13	14	15	16	 <p>"Community Conversations" Tillamook Main Library, 5:30 pm</p>	18	19																																																																																											
20	21 Martin Luther King Jr's Birthday	22	23	24	25	26																																																																																											
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Tillamook County Solid Waste Supports YOW and SOS Tillamook

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL



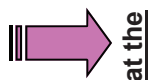
2018 Household Hazardous Waste collection dates

Jan./none
Feb. 3
*Mar. 3
Apr./none
May 5
*June 2
July 7
Aug. 4
Sept. 8
*Oct. 6
Nov./none
Dec. 1

Convenient collection for the
SAFE AND PROPER DISPOSAL
of common household items.
(See our website for a list of items.)

PLEASE separate Hazardous Waste from other items
PRIOR to arriving at the event.

This facility
DOES NOT ACCEPT
Ammunition, Explosives, or Medical waste



Tillamook Transfer Station
1315 Ekloff Road, Tillamook
9:00am to 1:00pm

*CEG/Business event day prior.
Registration Required

This service provided free of charge by the:
Tillamook County Solid Waste Department
503 Marolf Loop, Tillamook, OR 97141
Phone: 503-815-3975 • Fax: 503-842-6473
E-mail: recycle@co.tillamook.or.us • www.co.tillamook.or.us/gov/solidwaste



***** ECRWSSEDDM*****

Local
Postal Customer

**DANGER • WARNING • CAUTION • FLAMMABLE
• IGNITABLE • POISON • TOXIC • COMBUSTIBLE •
CORROSIVE • OXIDIZER**

Residents of Tillamook County may safely dispose of items such
as: Paints and Stains * Pool and Spa Chemicals * Pesticides,
Herbicides, Fertilizers, and Poisons * Motor Oil, Antifreeze, and
other Automotive Fluids * Thinners and Solvents * Household
Cleaners and Disinfectants * Batteries * Art and Hobby
Chemicals * Aerosol Spray Products * Propane Tanks or Bottles
* Compact Fluorescent Light Bulbs or CFLs, Fluorescent Tubes
and Ballasts * Mercury Containing Items, such as Thermometers
and Thermostats * Fire Extinguishers

What is Hazardous Waste?

Tillamook County's
Household Hazardous Waste
Program will accept nearly all
household items labeled with
(Except Explosives):



For more information about recycling or hazardous waste
disposal, call (503) 815-3975 or visit our website at
www.co.tillamook.or.us/gov/solidwaste
503 Marolf Loop, Tillamook, OR 97141